



CITRUS HERB MEATBALLS

MAKES 4 SERVINGS

INGREDIENTS

1 LB GROUND LAMB

1/2 SMALL RED ONION, FINELY CHOPPED

2 TBSP DRIED ROSEMARY

1 TBSP DRIED THYME

1 TSP SEA SALT

2 TBSP LEMON JUICE (ABOUT 1 LEMON SQUEEZED)

1 TBSP GARLIC POWDER

METHOD

PREHEAT OVEN TO 400 DEGREES F. LINE A BAKING SHEET WITH PARCHMENT PAPER OR FOIL. IN A LARGE BOWL, COMBINE ALL INGREDIENTS. FORM MIXTURE INTO MEATBALLS, ABOUT THE SIZE OF A GOLF BALL. PLACE ON THE BAKING SHEET AND COOK FOR 25-30 MINUTES.

Created By Jessica Smosna, RD, LD